

## Personal Care Skills

Oral Motor				
No Evidence	Coordinates sucking, swallowing, breathing	Swallows pureed or lumpy food	Uses tongue to move and munch solid food	Chews with rotary movement

Self-Feeding					
No Evidence	Cooperates with feeding	Assists in feeding self	Feeds Self	Uses utensils and open cup to feed self	Serves self food and drink

Dressing/Undressing			
No Evidence	Cooperates in dressing/undressing	Assists in dressing/undressing	Completes dressing/undressing

Care of Hands, Face, Nose			
No Evidence	Cooperates in personal care routines	Assists in personal care routines	Completes personal care routines

Toileting			
No Evidence	Demonstrates awareness of toileting	Participates in toileting	Completes toileting independently

Bathing and Personal Hygiene			
No Evidence	Demonstrates awareness of personal hygiene	Participates in bathing and personal hygiene	Completes bathing and personal hygiene independently

Dental Care			
No Evidence	Demonstrates awareness of dental care	Participates in dental care	Completes dental care independently

Manages Dietary Needs			
No Evidence	Demonstrates awareness of dietary needs	Participates in planning for dietary needs	Independently manages dietary needs

Manages Health Needs			
No Evidence	Demonstrates awareness of health needs	Participates in managing health needs	Independently manages health needs

Manages Mental Health Needs			
No Evidence	Demonstrates awareness of mental health needs	Participates in managing mental health needs	Independently manages mental health needs

Maintains Physical Fitness			
No Evidence	Demonstrates awareness of physical fitness	Participates in physical activity	Independently maintains physical fitness